

TRACK SATURDAY

T01	10.45	W	800m	Heats
T02	11.00	M	800m	Heats
T03	11.15	W	100m	Heats
T04	11.45	M	100m	Heats
T05	12.25	W	100m	Ambulant
T06	12.30	M	100m	Ambulant
T07	12.40	W	100m	W/C
T08	12.45	M	100m	W/C
T09	12.55	W	3000m S/Chase	Final
T10	13.15	W	400m Hurdles	Heats
T11	13.30	M	400m Hurdles	Heats
T12	13.50	M	400m	Heats
T13	14.10	W	400m	Heats
T14	14.30	W	100m	Semi-Finals
T15	14.45	M	100m	Semi-Finals
T16	15.00	W	100m Hurdles	Heats
T17	15.15	M	110m Hurdles	Heats
T18	15.30	W	800m	W/C
T19	15.35	M	3000m S/Chase	Final
T20	15.50	W	400m	Ambulant
T21	15.55	M	400m	Ambulant
T22	16.00	W	400m	W/C
T23	16.05	M	400m	W/C
T24	16.30	W	800m	Final
T25	16.35	M	800m	Final
T26	16.45	W	100m	Final
T27	16.50	M	100m	Final
T28	17.00	W	100m Hurdles	Final
T29	17.05	M	110m Hurdles	Final
T30	17.10	M	400m	Semi-Finals
T31	17.15	W	400m	Semi-Finals

TRACK SUNDAY

T32	11.00	W	3K Walk	Final
T33	11.30	M	3K Walk	Final
T34	12.00	W	1500m	Heats
T35	12.20	M	Mile	Heats
T36	12.40	W	200m	Heats
T37	13.10	M	200m	Heats
T38	13.30	W	200m	Ambulant
T39	13.35	M	200m	Ambulant
T40	13.45	W	200m	W/C
T41	13.50	M	200m	W/C
T42	14.00	W	400m Hurdles	Final
T43	14.10	M	400m Hurdles	Final
T44	14.20	W	200m	Semi-Finals
T45	14.30	M	200m	Semi-Finals
T46	14.45	W	5000m	Final
T47	15.15	M	5000m	Final
T48	15.40	W	400m	Final
T49	15.45	M	400m	Final
T50	15.55	W	1500m	Final
T51	16.05	M	Mile + Ambulant	Final
T52	16.25	W	200m	Final
T53	16.30	M	200m	Final

If 400m semis not needed the final will be at FINAL times on the Sunday

FIELD SATURDAY

F01	10.30	W	Discus	Final
F02	10.30	M	Triple Jump	Final
F03	12.00	M	Pole Vault	Final
F04	12.00	M	High Jump	Final
F05	12.15	Mixed	Shot Ambulant	Final
F06	12.30	W	Long Jump	Final
F07	13.00	Mixed	Discus Ambulant	Final
F08	14.00	Mixed	Shot Disability/Seated	Final
F09	14.00	M	Javelin + Ambulant	Final
F10	14.30	W	Shot	Final
F11	15.45	W	Hammer	Final
F12	16.30	Mixed	Club Disability	Final

FIELD SUNDAY

F13	10.30	M	Hammer	Final
F14	11.00	W	Pole Vault	Final
F15	11.15	Mixed	Long Jump Ambulant	Final
F16	12.00	W	High Jump	Final
F17	12.35	M	Discus	Final
F18	13.40	Men	Long Jump	Final
F19	13.45	Mixed	Javelin Disability/Seated	Final
F20	14.30	Mixed	Discus Disability/Seated	Final
F21	15.30	W	Triple Jump	Final
F22	15.40	M	Shot Putt	Final
F23	16.00	W	Javelin	Final

Mens High Jump will start at 1.80, 1.90, 2.00. then 5's
Mens Pole Vault will start at 3.95, 4.15, 4.35 then 10's
Mens Triple Jump board 13.00 metres only

Womens High Jump will start at 1.44, 1.54, 1.64, then 3's
Womens Pole vault will start at 2.80, 3.00, 3.20, then 10's
Womens Triple jump board 9 & 11.00 metres